



## Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): Pregnancy Options LifeCare Center, Faribault

Contact: Gina Little

Phone and Email: gina@polifecare.com

Goal: To provide positive alternatives to abortion to pregnant and parenting women in Southeastern MN.

For the period/quarter: 4<sup>th</sup> quarter

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide guidance to grant paid staff, attend required grant meetings, hire new grant staff as needed		We continue to train staff for excellence in educating and up lifting our clients. We continue to research ways to improve our ESL clients' education.	
Outreach	Contact schools, churches, clinics, social service agencies, service clubs and shelters and alert them to our services at Pregnancy Options		We continue to reach out to our community to offer speaking and educational opportunities. Sharing Dianna our Shaken Baby Syndrome simulator doll has been eye opening for community partners.	
Case Management Services	Providing incentives for attending monthly prenatal doctor appointments	8-9	We continue to work with our expecting mothers in supporting prenatal appointment with their providers by offering incentives for proof of appointments attended.	20
Medical Services	Provide program eligibility assessment, pregnancy testing and counseling.	8	We continue to offer pregnancy tests and STI testing to those who ask. We also offer counseling to those who have sought out our services.	17

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Mentoring Programs – Support Carrying Baby to term	Provide a Life Coach approach to self sufficiency	12	We offer ways to engage our clients into goal setting and life coaching opportunities promoting a self sufficient and confident parent and person in whole, encouraging them to see beyond the moment.	49
Parenting Education	Provide Parenting Education Program	37	We offer topics for our clients that include child safety, child development and child abuse prevention, equipping our clients with parenting skills to raise safe, healthy children. We continue to expand our curriculum to better assist the ESL clients.	120
Pregnancy education and Support of Healthy Behavior	Provide education and services to support healthy pregnancy behavior, increase knowledge of the benefits of early prenatal care, use of folic acid, good nutrition, exercise, smoking cessation, reducing/eliminating alcohol/drug use	8-9	We continue to aid our expecting mothers in learning about fetal development and how best to take care of their changing bodies to best prepare them for the days and months ahead. We continue to offer classes on healthy eating, hazards during pregnancy as well as offer labor readiness.	37
Provide Necessary Services to all clients	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	150	We continue to assess our clients necessary service needs and refer as needed. We continue to partner with Fare for All, Healthfinders, Public Health and many other area services in Rice County to assist our client's basic needs.	179

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Provide Necessary Services Assessments Only	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	2	We continue to assess necessary services with those whom we service. We will continue to assess so that when the need arises we are able to refer to partnering agencies.	8
Support to Women to Increase their Ability to Become Self-Sufficient	Provide Parenting Education Program	25	We continue to equip our client with life affirming skills to meet everyday needs within their homes and society to make them more confident parents.	61

<b>Maternal and Child Health Initiative Task Force Strategies</b>		<b>Na.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>		2
<i>Number of women who received car seat safety education only from a PA funded program activity</i>		11
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>		3
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>		24
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>		6
<i>Number of women who received sleep safety education only from a PA funded program activity</i>		12

**Challenges:**

An increase of non-English speaking women as brought the need for Somali and Spanish curriculum to the forefront. Getting resources connected with our parents of special needs children has taken some time and energy. Three infants with hearing concerns and one Down's Syndrome infant.

**Comments:**

June, July, and August brings about several public events where Pregnancy Options is able to share what we offer. We have seen an increase in our STI testing with bringing awareness to the community.

# Demographic Reporting Form

## Individual – Quarterly Totals

Positive Alternatives

Dates: Apr-June 2017

Grantee Name: Pregnancy Options LifeCare Center

### 1. Client Age Range:

Under 15	15-17	18-19	20-24	25-29	30-34	35+	Unknown age
0	1	2	3	2	3	5	

### 2. Client Pregnancy Status:

1st Trimester	2nd Trimester	3rd Trimester	Post-partum	Pregnancy Status Unknown	Other (Father or Grandparent)
1	3	5	6	0	1

### 3. Client Marital Status:

Married	Not Married	Marital Status Unknown
11	5	

### 4. Client Race:

Race: White	Race: African American	Race: African-American	Race: American Indian	Race: Asian Pacific	Race: Other/ Multi Race	Race: Unknown
8	1	7	0	0	0	

### 5. Client Ethnicity:

Hispanic Ethnicity: Yes	Hispanic Ethnicity: No	Ethnicity: Unknown
6	10	

### 6. Client Type:

Mother	Father	Grandparent	Other
15	0	1	0